



FRUIT AND YOGURT PARFAIT

INGREDIENTS

- 1 cup nonfat vanilla yogurt
- 1/4 cup strawberries
- 1/4 cup blueberries
- 1/4 cup granola

OPTIONAL

- peanut butter

Nutrition Facts

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|--------------------|---------|
| Calories..... | 380 |
| Carbohydrates..... | 64 g |
| Protein..... | 24 g |
| Total Fat..... | 3 g |
| Saturated Fat..... | 1 g |
| Trans Fat..... | 0 g |
| Cholesterol..... | 5 mg |
| Fiber..... | 6g |
| Total Sugar..... | 40 g |
| Sodium..... | 190 mg |
| Calcium..... | 249 mg |
| Folate..... | 385 mcg |
| Iron..... | 2 mg |

PROCEDURE

- 01 Wash the strawberries and blueberries and cut strawberries into slices.
- 02 Place vanilla yogurt in a bowl and add granola on top.
- 03 Layer the strawberry slices and blueberries.
- 04 Optional drizzle of peanut butter for extra sweetness!



Maricopa County
Department of Public Health



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the AZ Health Zone. This institution is an equal opportunity provider.